



## **Calendar of 2015 Falls Prevention Awareness Day Activities in Connecticut**

- **2nd Annual Falls Prevention Breakfast at the Colchester Senior Center**

Date: Wednesday, September 23rd

Time: 9:30 a.m.

Place: Colchester Senior Center, 95 Norwich Ave, Colchester

Activity: A speaker from the Chestelm Health & Rehabilitation Center Physical Therapy department comes to teach seniors about adapting their home environment to make it safer and introduces some in-home exercises to reduce their risk of falling.

Cost: Free for our seniors

Reservations: Required, please call 860-537-3911 and Colchester residents take priority, as seating is limited.

Contact: Patty Watts, Director of Senior Services, Colchester, phone-860-537-3911

- **Fall Prevention Awareness Day at Elmwood Hall in Danbury**

Date: Wednesday, September 23rd

Time: 1:00 p.m.

Place: Elmwood Hall, 10 Elmwood Place, Danbury

Activity: Presentation on fall prevention awareness. A physical therapist from Main Street Rehab will be available to offer strategies to stay on your feet!

Cost: Free, all are welcome.

Contact: Call 203-797-4686 for more information

- **“Take a Stand to Prevent Falls” Expo at Groton Senior Center**

Date: Wednesday, September 30th

Time: 9:00 – 1:00 p.m.

Place: Groton Senior Center, 102 Newtown Road, Groton

Activity: Educate seniors on ways to stay healthy and prevent falls; health and medication screenings; schedule in-home falls risk assessments, learn about volunteering opportunities, exercises, etc.; Coordinated by the Ledge Light Health District Falls Prevention Coalition

Cost: Free

- **“Fall into Falls Prevention” at the Coventry Senior Center**

Date: Wednesday, September 30th

Time: 10:30 a.m.

Place: Coventry Senior Center, 172 Lake Street, Coventry

Activity: A presentation on preventing falls in seniors given by Karla Vince from the Visiting Nurse and Health Services of CT, Nancy Cucca, Lifeline Manager at Caring Hand, certified personal trainer Mary Hurley from Sunshine-N-Daisies and physical therapist Bruce Langevin from Bolton PT

Cost: Free

Contact: Call 860-742-3525 to sign up for this presentation

- **“Checklist for Safety” Program at Elmwood Hall in Danbury**

Date: Wednesday, September 30th

Time: 1:00 p.m.

Place: Elmwood Hall, 10 Elmwood Place, Danbury

Activity: Learn ways to ensure safety in your home to avoid falls and staying in your home as you age. Presentation by Age in Place CT, LLC

Cost: Free

Contact: Call 203-797-4686 for more information

- **Elder Falls Prevention Safety Fair and Lunch at St. Francis Medical Center for Ages 55 and Older**

Date: Wednesday, October 21st

Time: 12:00 – 3:00 p.m.

Place: St. Francis Medical Center – Gengras Auditorium, 114 Woodland Street, Hartford

Activity: Learn about home hazards & modifications, medication safety, Tai Chi & Yoga presentations, etc.

Cost: Free, Lunch included

Reservations: RSVP by October 13, 2015, call 860-714-5525; St Francis employees encouraged to attend

Contact: Violence and Injury Prevention Program at 860-714-5525

- **Tai Chi at Elmwood Hall in Danbury**

Date: Ongoing

Time: 9:00 a.m. on Tuesdays

Place: Elmwood Hall, 10 Elmwood Place, Danbury

Activity: Tai Chi class proven to help reduce stress and improve concentration, balance, strength, and flexibility. Ideal for all fitness levels, beginners welcomed.

Cost: \$2 per class.

Contact: Call 203-797-4686 for more information